

MENU



MONDAY

- Hot Beef Bap with Gravy
- 🌿 Pizza Swirl
- Jacket Wedges
- Pasta Twist
- Garden Peas
- Baked Beans
- Cornflake Cake

TUESDAY

- Sticky Chicken
- 🌿 All Day Breakfast
- Noodles
- Hash Browns
- Stir Fried Vegetables
- Baked Beans
- 🍏 Arctic Roll with Fruit

WEDNESDAY

- Beef Grill or 🌿 Veggie Burger
- Chicken or 🌿 Vegetable Thai Curry
- Wholemeal Spaghetti Hoops
- Brown & White Rice
- Sweetcorn
- Chocolate Sponge with Custard

THURSDAY

- Roast Chicken Fillet or 🌿 Quorn Roast with Stuffing & Gravy
- 🌿 Cheese & Onion Slice
- Mashed Potatoes
- Carrots
- Broccoli
- Drizzled Flapjack

FRIDAY

- Jumbo Fish Finger
- Tuna Pasta Bake or 🌿 Vegetable Pasta Bake with Garlic Bread
- Chips
- Garden Peas
- 🍏 Blueberry Muffin

AVAILABLE DAILY

Filled jacket potato or sandwich with veggie sticks or salad pot.
 Fresh fruit, 🍷 Geo Valley yogurt or Cheese & Crackers.
 A choice of fruit drink, water or milk available with every meal.

Week 3:
 19/9, 10/10, 7/11, 28/11, 2/1,
 23/1, 13/2, 13/3, 17/4, 8/5,
 5/6, 26/6, 17/7

- 🌿 Vegetarian
- 🍷 Organic
- 🐟 Oily fish
- 🌸 One of your 5-a-day
- 🍳 Not cooked in oil
- 🍏 50% fruit